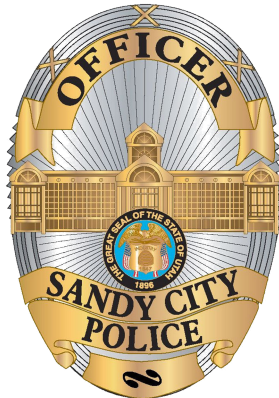


## Numbers to Remember

Emergency	911
Dispatch	801-799-3000
Sandy Police	801-568-7200
Sandy Fire	801-568-2930
Sandy Graffiti Hotline	801-568-2900
Sandy Animal Services	801-352-4450
Tip-A-Cop	801-568-4636
Crime Prevention	801-568-7200



Sandy City Police Department  
Crime Prevention Unit  
10000 South Centennial Parkway  
Sandy, Utah 84070  
Phone: 801.568.7200

SP-0425 (Rev  
3-2014)

<http://sandy.utah.gov/departments/police-department>

Sandy City Police  
Department  
Crime Prevention  
Unit



Womens Safety

## Preventing an attack while walking or jogging

When considering personal protection for women, and while walking or jogging, several points are often overlooked.

### **Here are a few to consider:**

- Be aware of your surroundings
- Avoid walking alone.
- Walk with confidence and show you are in control.
- Be cautious of people who stop you for any reason. Respond at a safe distance.
- Vary routes and times.
- Take a dog with you.



### **And don't forget to:**

- Keep escape routes in mind.
- Walk in areas that are well lit.
- Never get into a strangers car and trust your instincts

## Preventing an attack while driving

When considering personal protection for women and while driving, several points are often overlooked.

Here are a few to consider:

- Look into your car before you enter.
- Drive with the doors locked and the windows up.
- While stopped in traffic stay alert.
- Watch your rearview mirrors for unusual activity.
- Make sure you keep 1/2 tank of gas in your vehicle at all times if possible. This will help prevent running out of gas or potential car problems.
- If your car breaks down, use a cell phone if available to call for help.
- Don't accept rides from strangers or get out of your car.
- If no cell phone is available, roll down the window partially and ask a passer by for help.
- When out and about, make sure you park in populated areas.
- If you feel uncomfortable, have a trusted person walk you to your car or wait until several people are around.
- Know your daily routes and vary them often.
- Do not drive home if you think you are being followed, instead drive to a public place.

**Remember, you can honk your horn to draw attention for help.**

## Preventing an attack while at home.

Most burglars will spend no longer then 60 seconds to try and break into a home. By locking your doors and windows you have created an obstacle for the burglar and possibly prevented a break in.

If someone rings your doorbell or knocks on your door, do the following:

- Look through your peephole or window.
- Know who you are opening the door to.
- If you don't know who is at the door, don't open it and simply walk away.
- Never tell anyone over the phone or internet that you are home alone and don't give out personal information or address.



- Always lock your windows and doors when leaving

# Prevention is the key. Safety is a 24-hour attitude.



The Sandy City Police Department Crime Prevention Unit offers information and training on a wide variety of prevention-related topics. Whether you just have a few questions about how to make your home safer, women's safety or if you need theft prevention training for fifty employees, the bureau has the resources and information to help.

For more information:  
Sandy City Police Department  
Crime Prevention  
801-568-7200

